



Spare the Air

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www.sparetheair.org

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A d v i s o r y

TUESDAY JUNE 13TH is a Spare the Air Day

The Bay Area's weather is heating up and bringing conditions that produce poor air quality. A strong high-pressure system will create high temperatures and reduced wind flow--prime meteorological conditions to induce the production of ground-level ozone--the main ingredient in smog. **Therefore, the Air District is issuing a Spare the Air advisory for Tuesday, June 13th.**

The weather is behaving as if on cue, because today marks the official start of the Air District's Spare the Air employer notification season that will last until October 15th. Large and small employers throughout the Bay Area that will receive notification via email and fax when the Air District calls a Spare the Air Day.

What to Do on a Spare the Air Day:

People with asthma, respiratory or heart conditions should limit outdoor activities during the hottest part of the day.

Vigorous Exercise should be done in the early morning hours.

What You Can Do to Help:

Limit driving - take transit or carpool. Pack a lunch so you don't have to use the car at lunchtime. Plan your errands into one trip.

Fuel up after 6 p.m.

Postpone the use of gasoline-powered lawn and yard equipment.

Anyone can receive email notification when air quality is expected to be unhealthy by signing up for email at **www.sparetheair.org**. In addition, air quality forecasts and readings can be seen on the same website or heard on 1-800-HelpAir.

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